



Mediterranean pasta

Ingredients (serves 10)

- 1250 g spaghetti
- 25 - 50 cocktail tomatoes
- 15 spring onions
- 5 cans of chickpeas (240 g each)
- 5 cans of chopped tomatoes (400 g each)
- 5 cans of artichoke hearts (400 g each)
- 3 small jars of capers (30 g each) or 40 green olives (optional)
- 2 liters vegetable stock
- 5 cloves garlic
- salt, pepper, chilli powder

Preparation

1. Halve the cocktail tomatoes, cut the spring onions into rings and chop the garlic.
2. Put the spaghetti, all the ingredients (cocktail tomatoes, spring onions, artichokes, chickpeas, capers, canned tomatoes, garlic, salt, pepper, herbs) and vegetable stock into the pot. Bring to the boil for about 10 to 15 minutes. Stir now and then and taste the pasta. Once the pasta is al dente, the dish is ready.
3. Season a little and serve.

Also good with

- penne
- rigatoni
- spirelli

